

Your 4 Week Schedule

Week 1

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
Warm Up	65 lbs x 5	135 lbs x 5	85 lbs x 5	125 lbs x 5
	80 lbs x 5	170 lbs x 5	110 lbs x 5	155 lbs x 5
	95 lbs x 3	200 lbs x 3	130 lbs x 3	185 lbs x 3
5/3/1	105 lbs x 5	220 lbs x 5	140 lbs x 5	205 lbs x 5
	120 lbs x 5	250 lbs x 5	165 lbs x 5	235 lbs x 5
	135 lbs x 5+	285 lbs x 5+	185 lbs x 5+	265 lbs x 5+
Assistance	Dips 5 x 15	Good Mornings 5 x 12	Dumbbell Bench Press 5 x 15	Leg Press 5 x 15
	Chin-ups 5 x 10	Hanging Leg Raise 5 x 10	Dumbbell Row 5 x 10	Leg Curl 5 x 10

Week 2

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
Warm Up	65 lbs x 5	135 lbs x 5	85 lbs x 5	125 lbs x 5
	80 lbs x 5	170 lbs x 5	110 lbs x 5	155 lbs x 5
	95 lbs x 3	200 lbs x 3	130 lbs x 3	185 lbs x 3
5/3/1	110 lbs x 3	235 lbs x 3	150 lbs x 3	220 lbs x 3
	125 lbs x 3	270 lbs x 3	175 lbs x 3	250 lbs x 3
	145 lbs x 3+	300 lbs x 3+	195 lbs x 3+	280 lbs x 3+
Assistance	Dips 5 x 15	Good Mornings 5 x 12	Dumbbell Bench Press 5 x 15	Leg Press 5 x 15
	Chin-ups 5 x 10	Hanging Leg Raise 5 x 10	Dumbbell Row 5 x 10	Leg Curl 5 x 10

Week 3

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
Warm Up	65 lbs x 5	135 lbs x 5	85 lbs x 5	125 lbs x 5
	80 lbs x 5	170 lbs x 5	110 lbs x 5	155 lbs x 5
	95 lbs x 3	200 lbs x 3	130 lbs x 3	185 lbs x 3
5/3/1	120 lbs x 5	250 lbs x 5	165 lbs x 5	235 lbs x 5
	135 lbs x 3	285 lbs x 3	185 lbs x 3	265 lbs x 3

Feedback

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
	150 lbs x 1+	320 lbs x 1+	205 lbs x 1+	295 lbs x 1+
Assistance	Dips 5 x 15	Good Mornings 5 x 12	Dumbbell Bench Press 5 x 15	Leg Press 5 x 15
	Chin-ups 5 x 10	Hanging Leg Raise 5 x 10	Dumbbell Row 5 x 10	Leg Curl 5 x 10

Week 4 - Deload

	Day 1 Overhead Press	Day 2 Deadlift	Day 3 Bench Press	Day 4 Squat
	65 lbs x 5	135 lbs x 5	85 lbs x 5	125 lbs x 5
Warm Up	80 lbs x 5	170 lbs x 5	110 lbs x 5	155 lbs x 5
	95 lbs x 5	200 lbs x 5	130 lbs x 5	185 lbs x 5
Assistance	Dips 5 x 15	Good Mornings 5 x 12	Dumbbell Bench Press 5 x 15	Leg Press 5 x 15
	Chin-ups 5 x 10	Hanging Leg Raise 5 x 10	Dumbbell Row 5 x 10	Leg Curl 5 x 10

Feedback